



Recipe Name: Asian Noodle Chicken Salad

File No:

Recipe Adapted From:



Child Nutrition Recipe Box

Let's Cook
WISCONSIN SCHOOL MEALS ROCK

| | |
|----------------------------|---|
| Grade Group (s): K-8, 9-12 | HACCP Process <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step |
| Number of Portions: 100 | |
| Portion Size: 1 cup | |
| Serving Utensil: | |
| Servings per Pan: | |

| Ingredients | Weight | Measure | Procedure |
|--|------------|-----------|--|
| Ginger Root, Raw, Minced | | 4 Tbsp | 1. Place frozen chicken in refrigerator 24 hours before preparing recipe. 2. Make dressing: Combine ginger, rice vinegar, soy sauce, orange juice, honey, oil, and garlic powder in a blender. Blend for 2 minutes on medium. Cover and refrigerate. 3. Heat 4 gallons of water to a rolling boil, add pasta, and cook pasta al dente according to package directions. Rinse with cold water and drain to rapidly cool. Cover and refrigerate. 4. Heat 1 gallon of water to a rolling boiling, add edamame and boil for at least 3 minutes, heating through. Rinse with cold water, drain well. 5. Combine the edamame, carrots, cabbage, onions, and thawed chicken into 4 large hotel pans (12" x 20" x 2½"). 6. Add pasta and mix well. Pour dressing equally over both pans, continuing to mix well. Sprinkle with sesame seeds. 7. Cover and refrigerate until meal service. CCP: hold for service at 41°F or lower. |
| Rice Vinegar | | 3 cups | |
| Soy Sauce, Low Sodium | | 2 cup | |
| Juice, Orange | | 1 cup | |
| Honey | | ½ cup | |
| Oil, Canola | | 6 cups | |
| Garlic, Powder | | 2 tsp | |
| Water, Divided | | 5 gallons | |
| Pasta, Spaghetti, WG, Dry USDA # 110506 | 6 lbs 4 oz | | |
| Edamame, Frozen, Pre-shelled | 5 lbs | | |
| Carrots, Shredded, Raw | | 4 qt | |
| Cabbage, Red, Shredded, Raw | | 4 qt | |
| Onion, Red, Sliced, Raw | | 3 cups | |
| Chicken, Fajita Strips, Cooked, USDA #100117 | 10⅔ lbs | | |
| Sesame Seeds | | 2 cups | |

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|-------------------------------------|-----|-----|--|--|--|--|
| Meal Component Contribution | | | | Total Yield | | |
| Meat/Meat Alternate: 2 oz eq | | | | Weight: | | |
| Vegetable Subgroups | | | | Number of Pans: | | |
| DG | RO | BPL | | Pan Size: | | |
| | ⅛ c | | | Volume: | | |
| S | O | A | | Nutrition Analysis Based on Portion Size | | |
| | ¼ c | | | Calories: 368 kcal | | |
| Fruit: | | | | Saturated Fat (g): 2.19 g | | |
| Grains: 1 oz eq | | | | Sodium (mg): 481.18 mg | | |
| Based on USDA Food Buying Guide-RAW | | | | Calculated using NutriKids | | |

Equipment (if not specified in procedures above):

DG - dark green RO - red orange BPL - bean, peas, legumes
S - starchy O - other A - additional